



# Carmel Valley Pool

3777 Townsgate Drive, San Diego, CA 92130  
(858)552-1623 • [www.sandiego.gov](http://www.sandiego.gov)

**August 28 – November 12, 2017**  
Pool Closed November 13, 2017–February 18, 2018

## Lap Swim

Monday/Wednesday	6:00am - 11:00am 12:30pm - 4:00pm
Tuesday/Thursday	6:00pm - 7:30pm 4:00pm - 7:30pm
Friday	6:00am - 11:00am 12:30pm - 4:00pm
Saturday	12:00pm - 4:00pm

## Recreational Swim

Monday/Wednesday/Friday	12:30pm - 4:00pm
Saturday	12:00pm - 4:00pm

**Large Slides & Children's Pool closed**

### YOUTH SWIM TEAM (ages 6-17)

Youth Swim Team is a recreational swim organization for youth 6-17 years old, which offers a quality, safe program that is committed to introducing and developing basic competitive swim skills while promoting fun and team spirit. Swimmers participate in swim meet competitions with other City of San Diego swimming pools. **Prerequisite:** Completion of Competitive Skills course or Pool Manager's approval.

**Monday, Wednesday & Fridays**

**White Level 4:00pm - 5:00pm**

**Silver Level 5:00pm - 6:00pm**

**Fees: \$27.00/Month**

(Fees are due at the beginning of each month)

### WATER FITNESS

**Aquatic Body Conditioning (ABC)**—This is a total body conditioning class; Multi-level, low impact, cardio respiratory workout held in shallow water. Flexibility, muscular strength and endurance are emphasized. Participants do not need to know how to swim.

**Mon/Wed/Fri 10:00am - 11:00am**

**Adults/Seniors \$3.50/class**

**DISCOUNT PASS \$30.00/10 Classes**

## Facility Admissions

Child/Disabled/Senior	\$2.00
Adults (16 & older)	\$4.00

## Discount Passes

Adults (16 & older)	\$85.00 / 30 swims \$30.00 / 10 swims
Child/Disabled/Senior	\$40.00 / 30 swims \$15.00 / 10 swims

**All Aquatic Programs, Schedules, and Fees may change due to enrollment and/or be cancelled without notice.**

**Labor Day Sept. 4, 2017**

**12:00pm - 4:00pm:**

**Veteran's Day observed  
Friday Nov. 10, 2017-closed**

- Passes expire one year from the date of issue and can be used at any City Pool
- All persons entering the facility during Recreation and Lap Swim times **MUST** pay the admission fee and wear proper swim attire at all times.
- Specific lanes/areas will be designated for Lap & Recreational swimming, however, the pool may be utilized for other programs during designated Lap/Recreational swim times
- A paying parent or responsible adult in a swimsuit must accompany children under 7 years of age or less than four feet tall. While in the water, a parent or responsible adult must remain within arm's reach of the child
- The City of San Diego Swimming Pools may close without notice during inclement weather conditions.

## **POOL CLOSURES**

Please visit our other City Pools during the closure period. Most of the City Pools offer a variety of programs and times for Lap/Recreational Swims, Water Fitness, Learn to Swim classes, Youth Swim Team and Water Polo. For a listing of all 13 City of San Diego Pools for programs, locations and closure periods visit <http://www.sandiego.gov/park-and-recreation/centers/aquatics/index.shtml>



## LIFEGUARDING CLASSES

The Winter Aquatic Vocational Education (W.A.V.E) and (S.A.V.E) Spring Aquatic Vocational Education Programs offer individuals an opportunity to participate in a Lifeguard Training Course offered at an affordable cost. The Program is limited to 30 participants. Attendance at all scheduled classes is mandatory. Upon successful completion of this course, candidates are required to complete at least 30 hours of volunteer work at an authorized aquatic facility. **Please contact the Pool Manager to receive more information.**

**Cost: \$85.00**  
**(\$50.00 class fee and \$35.00 Red Cross certification)**

### W.A.V.E PROGRAM

**Ned Baumer Miramar College Aquatic Center**  
**10440 Black Mountain Rd. P100**  
**(858)538-8083**

**Saturdays & Sundays October 7–November 5, 2017**  
**Tryouts @ 9:00am sharp October 7, 2017**



### S.A.V.E PROGRAM

**City Heights Swim Center**  
**4380 Landis Street**  
**(619)641 6126**

**Saturdays & Sundays February 3–March 4, 2017**  
**Tryouts @ 9:00am sharp February 3**

## RENTALS

All City Pools are available to rent for exclusive or shared use. For more information, please contact the Pool Manager.

## SAFETY CHECKS

There may be ten-minute safety checks conducted every half hour or every hour during Recreational Swim hours.

## EMERGENCY TESTING

All City pool personnel are subject to emergency testing at any time. Patron patience and cooperation during these drills are greatly appreciated.

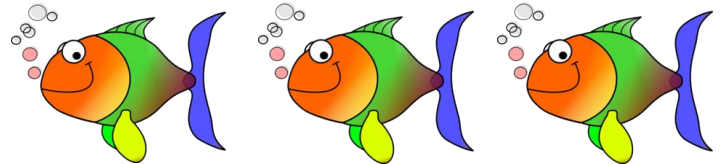
## VOLUNTEERS NEEDED!

Ongoing opportunities are available at the recreation centers, pool and regional parks throughout the City, as well as with senior and therapeutic recreation programs. If you would like to volunteer, please see staff for more information, contact the Volunteer Office at (619)533-4017 or visit

<http://www.sandiego.gov/park-and-recreation/general-info/employment/volunteer/index.shtml>

## DONATIONS

By donating to our park system, you can help the park and Recreation Department to enrich the lives of others through quality parks and programs. Your gift will help ensure that we meet the needs of the community, including people of all ages, abilities and income levels through recreation, natural open space parks, neighborhood parks, and aquatics programs. For more information on how you can become a donor to your favorite park, pool or recreation program, please call David Monroe, Deputy Director CPII Division, (619)525-8235.



## KEEPING THE POOLS CLEAN & OPEN

- When the pool is contaminated with fecal matter, the pool must close.
- Take your children on restroom breaks and check diapers often. Waiting to hear "I have to go" may mean that it's too late.
- Children less than 4 years of age are required to wear a tight fitting "swimsuit diaper". Please check condition of diaper regularly.
- Change swim diapers in the restroom or a diaper changing area; **not in the pool area**. Germs can be spread in and around the pool.
- After using the restroom, thoroughly cleanse (especially the diaper area) with soap and water before swimming. Invisible amounts of fecal matter can be spread into the pool.
- Patrons are not permitted to swim in the pool if they are suffering from an illness that causes diarrhea or have had diarrhea in the past two weeks. You can spread germs in the water and make other people sick.

As a recipient of federal funds, the city of San Diego cannot discriminate against anyone on the basis of race, color, creed, sex, age, national origin or ancestry, religion, pregnancy, physical or mental disability, veteran status, marital status, medical condition, gender (transsexual and transgender), sexual orientation, as well as any other category protected by federal, state or local laws. If anyone believes, he or she has been discriminated against, he or she may file a complaint alleging the discrimination with the City of San Diego Park and Recreation Department (contact Deputy Director (619) 525-8235) or the Office of Equal Opportunity, U.S. Department of the Interior, Washington, D.C. 20240. This information is available in alternative formats upon request.